

PATHS TO POSITIVITY CHALLENGE

Put the science of positive psychology into practice. More happiness is just one step away!

What: An **INDIVIDUAL challenge** using [Daily Endorphin](#) to track progress.

Who: All employees are invited to participate

When: Begins **April 11** and ends **May 16**

Deadline to sign up: 4/11/2022

Why: Do you want to:

- Look and feel better?
- Boost your energy?
- Get sick less often?
- Have stronger relationships?
- Get more done?



Then Paths to Positivity is for you!

How to sign up:

1. Use the following link (copy & paste into a web browser):
<https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3>
 2. Either “Create an account” or sign in with existing Daily Endorphin information.
- For more information regarding Daily Endorphin: http://www.dailyendorphin.com/user_faq/

Things to note:

- You choose 1 of 3 paths to take (Connect With Others, Mind Your Mood, Find Your Purpose)
- You will receive a weekly email to accompany the journey, along with a Participant Guide & Log.
- There will be an option for a “Weekly Huddle” with this challenge to connect with other participants.
- You can log your accomplishments in Daily Endorphin as well to accumulate points. The “honor system” is in place with this challenge.

Questions? **Contact Wellness Coordinator, Angel Hohenstein**, at 218-348-9428 or email ahohenstein@duluthmn.gov

